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PRIVACY IS IN SHORT SUPPLY THESE DAYS. IN DAY 1 OF OUR 3-PART SERIES, METRO TALKS TO HACKERS WHO WANT TO HELP YOU KEEP WHAT'S LEFT OF YOURS **PAGES 6-7**



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The city's water distribution engineer Tim Shanks, right, seen with emergency preparedness co-ordinator Randy Hull, said only city staff have the legal authority to operate water valve keys. BERNICE PONTANILLA/METRO

City: Hands off our frozen pipe valves

Bylaw. Plumbers, contractors reminded that only city workers are legally allowed to handle valve keys



BERNICE PONTANILLA

bernice.pontanilla@metronews.ca

A City of Winnipeg official reminded contractors and plumbers Tuesday that when it comes to the city's water-valve keys, only certified city workers have legal authority to handle them.

The warning came after local plumber Don Connors went to media to complain he'd received a letter from the city saying he doesn't have the authority to access the valves that connect to city pipes.

"The City of Winnipeg water bylaw requires us to

do due diligence and control the system to protect public health and protect the (water) system," said water distribution engineer Tim Shanks Tuesday. "So we are obligated ... (to) control access to our infrastructure."

Shanks said the city is "co-operating with multiple contractors" to bring down the number of homes without water or hooked up to a hose line, which stands at 1,360. The city has enough staff to operate the water valves, so contractors offering pipe-thawing services can call 311 to set up a time.

"We all have a shared goal here, we're trying to thaw as many services as possible and we'll continue to work with contractors towards that goal," he said. "We can attend by appointment to provide a key and provide that access. We're not preventing anybody from thawing attempts on private property at all."

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No vacation

Grievance filed by CUPE over unpaid leave

The city's largest union is filing a grievance against its employer for not allowing employees to use vacation days during a forced unpaid leave this coming December.

Mike Davidson, president of CUPE Local 500, said on Tuesday that the grievance, filed on March 28, came from a high number of city staff coming forward to say their vacation requests had been rejected.

"It's been more apparent starting a couple weeks ago, and once we had a (substantial) number of members ... we filed a policy grievance on their behalf," Davidson said.

He added that this year's budget, which includes the unpaid leave, "barely passed."

"I don't think that there's a strong political appetite to accept this 3.5 days right now, given the winter that we just went through. Everything we said might happen, happened this winter."

City council voted 9-7 in favour of the 2014 budget, which estimates savings of \$1.5 million for the 3.5-day unpaid leave for "non-essential" staff between Christmas Eve and New Year's Day.

Davidson said the union has not yet been told which employees are "essential."

In an email to Metro, city corporate communications manager Steve West confirmed affected employees "will not be able to use vacation-day allotments during this period."

BERNICE PONTANILLA/METRO

Polar-bear park. Province to review tundra buggies

Manitoba is deciding whether to lift restrictions on eco-tourism as it prepares to designate a new polar-bear provincial park on Hudson Bay.

The province is hiring a consultant to review the number of off-road tundra vehicles used to carry tourists around polar-bear country.

It is also looking for recommendations regarding how many of the tundra buggies should be allowed to operate in the new park.

There are 18 permits right now for buggies that operate out of Churchill — a number that has been in place since the early 1990s.

Some are concerned increasing that number could attract operators who don't know how to navigate safely around the animals.

THE CANADIAN PRESS

Lotto Max. Storekeeper city's newest millionaire

A Winnipeg storekeeper is hoping to take a well-deserved vacation after winning \$1 million on March 14.

Mike Herda said he checked his numbers on March 15 before leaving for work and couldn't believe his luck.

"It's still sinking in," he said. "I'll invest some, for sure. And I want to take a long-overdue vacation."

The ticket, a \$6 Quick Pick

he purchased at the store he owns — MikMar Ticket Sales inside the Safeway on Alpine Avenue — was the only ticket in Canada to match all seven numbers in one for the Maxmillions draw via Lotto Max.

"Because he is a lottery retailer, Mike's prize claim went through an additional review," reads a statement from Manitoba Liquor and Lotteries.

METRO

Experimental Lakes Area to remain open

Renowned freshwater research. Feds mulled closing facility to save \$2 million per year

A world-famous research area in Ontario will remain open thanks to agreements between the provincial and federal governments and the Winnipeg-based group that runs the facility.

The Experimental Lakes Area was in jeopardy after the federal government said in 2012 that it was considering closing the area to save \$2 million per year. The facility has been used for freshwater studies since 1968.

Winnipeg's International Institute for Sustainable Development (IISD) began negotiations with the federal and Ontario governments in late 2012 to try to keep it open.

Under the agreements reached, management of the

Importance
"Real-world research ... is indispensable to putting the human relationship with this planet on a sustainable footing."

Scott Vaughan, president of the IISD

58-lake facility will transfer from Fisheries and Oceans Canada to Ontario, effective immediately.

The institute says pledges of financial support from the federal, Ontario and Manitoba governments, among others, will enable the not-for-profit non-governmental organization to continue to operate the facility.

One of the only whole-lake laboratories available in the world, the Experimental Lake Area has attracted scientists studying the impact of stressors and pollutants on freshwater lakes, streams and watersheds.

THE CANADIAN PRESS



An aerial view of a field station. The transfer of the Experimental Lakes Area required separate deals between Ontario and the IISD, between Canada and the IISD and a trilateral Canada-Ontario-IISD agreement. Those were preceded by two bilateral Canada-Ontario pacts. **THE CANADIAN PRESS**

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Afghans queue up for voting cards

High-stakes election.
Amid Taliban threats and attacks, voters turn out to register

Afghans lined up by the hundreds Tuesday in a last-minute rush to register for voting cards, a sign that interest in national elections is

high despite fears of violence.

The Taliban have vowed to "use all force" to disrupt the balloting and the militants already have staged several high-profile attacks in the Afghan capital of Kabul in recent weeks. But men and women queuing on the last day of registration said they won't let the threats keep them away from the polls on Saturday as Afghanistan ex-

Quoted

"I hope the corruption is ended and security is improved."

Ghulam Abbas, shopkeeper, who was in line for a voter card in Kabul on Tuesday.

periences its first democratic transfer of power.

President Hamid Karzai,

who has ruled the country since the Taliban were ousted by a U.S.-led invasion in 2001, is constitutionally barred.

Karzai has refused to sign a security pact that would allow thousands of international forces to stay beyond that deadline to train and advise Afghan forces. All three front-runners have said they would sign the deal.

THE ASSOCIATED PRESS



Afghan girls hold flags at a rally for presidential candidate Abdullah Abdullah in Herat, Afghanistan, on Tuesday. HOSHANG HASHIMI/THE ASSOCIATED PRESS

Timing of accusations tied to election: Marois

Pauline Marois says allegations her husband solicited \$25,000 to fund her Parti Québécois leadership bid in 2007 smack of revenge.

"We fought for two years to get a commission of inquiry," Marois said Tuesday, referring to Quebec's corruption probe. "We made enemies.

"For me, it's clear. We're facing someone who wants revenge and wants to stop the cleanup undertaken by my government."

The PQ has consistently tried to claim the ethical high ground in the campaign leading to Monday's election, pointing to alleged scandals during ex-Liberal premier Jean Charest's three terms in power between 2003 and 2012.

It has also angered Liberal Leader Philippe Couillard by trying to draw links between him and Arthur Porter, a former hospital administrator and ex-federal spy watchdog who is now charged with fraud.

On Tuesday, however, it was Marois who was being dogged by questions about ethics as she reacted once again to a report by the CBC's French-language network that husband Claude

Blanchet asked an engineering company executive for \$25,000 in 2007.

The money was allegedly destined for Marois's run at the PQ leadership — a race that never took place because she was eventually acclaimed leader.

The engineering executive made the allegations in a sworn affidavit but Radio-Canada did not release his name at his request.

Testimony at the Charbonneau Commission into construction-industry corruption has indicated that engineering firms have been generous contributors to political parties.

For example, it was revealed that Dessau gave a total of \$1 million to the two major parties between 1996 and 2011 — \$600,000 to the Liberals and \$400,000 to the PQ.

Marois questioned the timing of the executive's soul-bearing, considering it surfaced in the last week of the campaign.

"Why did he do this now if he knew the situation in the past," she said in Drummondville.

"Why did he decide to denounce this situation now? Be-



PQ leader Pauline Marois.
PAUL CHIASSON/THE CANADIAN PRESS

cause we are in an election and he doesn't want the return of a Parti Québécois government."

She said some people fear the re-election of the PQ because "we are the best way to fight against collusion and corruption."

Couillard said the allegations raise questions about the PQ's integrity.

"I'm not presuming guilt," the Liberal leader said while campaigning in Montreal. "I'm just noting the discrepancy between what we're hearing and the supposed declarations of purity by the Parti Québécois in the last two or three years."

THE CANADIAN PRESS



Turkish election contested

Police use water cannons to break up a protest by hundreds outside Turkey's Supreme Election Council building in Ankara, Tuesday, in support of the country's main opposition party which is challenging local election results in the capital.

BURHAN OZBILICI/THE ASSOCIATED PRESS

Marathon bomb victim

Saudi Arabian sues Glenn Beck for defamation

A Saudi Arabian man injured in the Boston Marathon bombings has filed a defamation lawsuit against Glenn Beck, accusing the conservative commentator of calling him "the money man" in the attack, saying he's been called a "murderer, child killer and terrorist" due to Beck's statements.

THE ASSOCIATED PRESS

Identifying victims

Washington mudslides' death toll grows to 27

The official death toll from Washington's mudslide has increased to 28, with the Snohomish County medical examiner's office saying 22 victims have been positively identified. That's up from 24 dead with 18 identified on Monday. Search effort division supervisor Steve Harris said that more remains were found Tuesday morning at least in part because of the receding water. THE ASSOCIATED PRESS

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NATO to reinforce eastern defences, cuts Russia links

Foreign ministers meeting.

Unanimous agreement to end all practical civilian and military co-operation with Moscow

NATO foreign ministers moved Tuesday to beef up the defences of front-line alliance members feeling menaced by a more assertive Russia, with Secretary of State John Kerry proclaiming the U.S. commitment to their security is "unwavering."

The ministers from NATO's 28 member nations also ordered suspension of all "practical civilian and military co-operation" with Vladimir Putin's Russia, though they made sure a line of communication with the Kremlin remains open at the ambassadorial level.

The North Atlantic Treaty Organization, a keystone of U.S. and European security since the

end of the Second World War, is facing its most acute geopolitical crisis in years: the fallout from Moscow's annexation of Ukraine's Crimean Peninsula, which the Obama administration and its allies condemn as a brazen, illegal land grab.

On Tuesday, an estimated 35,000 to 40,000 Russian troops equipped with tanks and aircraft remained near the border with Ukraine, a NATO official said.

The military official described the Russian buildup as "a complete combat force" highly threatening to Ukraine.

To reassure NATO's skittish eastern allies, Kerry told a news conference, the U.S. has already sent six F-15 fighters to perform air patrols over the Baltic, deployed a dozen F-16s to Poland and dispatched the USS Truxtun, a guided-missile destroyer, to the Black Sea.

"And more U.S. support is on the way," Kerry said.

THE ASSOCIATED PRESS



Ukraine's Foreign Minister Andrii Deschchitsa speaks with NATO Secretary General Anders Fogh Rasmussen during a meeting of the NATO-Ukraine Commission in Brussels on Tuesday. OLIVIER HOSLET/THE ASSOCIATED PRESS

Canadian reaction

It's a first step: Baird

NATO's decision to end civilian and military co-operation with Russia on Tuesday is just one step in a long journey to end the Ukraine crisis, says Foreign Affairs Minister John Baird.

"This is exactly what Canada did weeks ago. It's not going to be business as usual so we're suspending all civilian and military co-operation with the Russian Federation," Baird told The Canadian Press from Brussels.

Asked whether NATO has been too slow to respond, Baird said: "It's the first minister's meeting we've had since the crisis came about."

Baird said NATO will consider options to counter Russia's unilateral annexation of Ukraine's Crimean Peninsula. The minister said capacity building, tactical support and beefing up assets are among them.

"We think a strong response is necessary," he said. THE CANADIAN PRESS

Obama celebrates health-care law's 7M sign-ups



U.S. President Barack Obama, with Vice-President Joe Biden, speaks at the White House in Washington, Tuesday. CAROLYN KASTER/THE ASSOCIATED PRESS

After facing a rocky start and chorus of naysayers who declared his health-care law a failure, President Barack Obama on Tuesday celebrated a better-than-expected 7.1 million sign-ups for health coverage that he said should end the debate over the law possibly being repealed.

"The Affordable Care Act is here to stay," Obama declared in a feisty Rose Garden speech the day after the deadline for Americans to enrol.

Obama announced the 7 million threshold that once was seen as unattainable, even

Quoted

"Why are folks working so hard for people not to have health insurance? Why are they so mad about the idea of folks having health insurance?"

U.S. President Barack Obama, lashing out at critics of his Affordable Care Act

as the number still could climb. People who started applying but couldn't finish before the Monday midnight deadline can have extra time, as do potential enrollees with special circumstances.

Administration officials said

they were still compiling data that will be important in determining the ultimate success of the six-month enrolment period, such as how many enrollees were previously uninsured and whether enough younger, healthy people signed up to offset the costs of covering older, sicker consumers.

But Obama said after the initial computer problems that plagued the online insurance exchanges where people could sign up, the law was working as he had hoped.

"The bottom line is this: Under this law, the share of Americans with insurance is up, and the growth of health-care costs is down. And that's good for our middle class, and that's good for our fiscal future," the U.S. president said.

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Cancer society kicks off Daffodil campaign

Seven-year-old cancer patient Michael Meehan adjusts Gov. Gen. David Johnston's tie during a ceremony in the greenhouses of Rideau Hall marking the beginning of the Canadian Cancer Society's Daffodil campaign, Tuesday, in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

Your cellphone is not killing you, panel says

Inconsistent studies.

But panel recommends more research to see if there's a link between radiofrequency waves and cases of cancer

Reaction to report

Canadians for Safe Technology, a non-profit group whose stated goal is to educate Canadians and policy makers about the dangers of exposure to unsafe levels of wireless radiation, reacted angrily to the report.

- The group accused the panel of siding with the wireless industry and ignoring scientific data warning of health risks.

Federal guidelines that spell out safe exposure levels of radiofrequency waves emitted by cellphones and other wireless devices appear to be mostly adequate, but research to clarify the potential risk of cancer should be aggressively pursued, an expert panel recommends.

The Royal Society of Canada panel issued its report Tuesday on Health Canada's

The panel was asked to recommend changes to the code following a review of the latest research on adverse health effects linked to radio waves from mobile phones, Wi-Fi equipment, cellular phone towers and TV/radio broadcast antennas.

"The conclusion of the panel was that the Safety Code 6 limits are science-based and are designed to avoid all known hazards of radiofrequency radiation," said panel chair Paul Demers, director of the Occupational Cancer Research Centre in Toronto. "And we do not believe at this time that additional precautionary measures should be introduced directly into the exposure levels or limits." THE CANADIAN PRESS

Safety Code 6, which sets out limits on exposure to radiofrequency fields aimed at protecting the health of workers and the general public.

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Best security software? Keep private life offline

Even the best programs will only do 20 per cent of the job, says ethical hacker Mike Sues. Your best defence against nefarious types on the web is keeping it low-pro in cyberspace

LUCY SCHOLEY
Metro in Ottawa

Give Mike Sues enough time and he could hack your computer to steal financial information, find out where you live and identify your family members on social media.

Luckily, Sues doesn't specialize in illegal hacking. He's an "ethical hacker," meaning companies and government agencies hire him to crack into their computer software security systems, expose their weaknesses, and fix them.

You might think Sues — the CEO and ethical hack specialist of Rigel Kent Security & Advisory Services Inc. — has an impenetrable security system on his home computer. But that's not the case. He says staying off hackers starts with keeping our private lives offline.

"That's the first thing we should be worried about because that information can be used by the attacker against you," he says.

Sues says the average home user has a "weak" password — usually the name of a spouse or child — that a hacker can easily guess by trolling photos of family members that are posted on social media sites.

These days, hacking is not necessarily the work of a lone dude in his parents' basement. Often, it's the method of organized crime groups using "botnet" malware to anonymously attack large swaths of computers. A small sum of money taken from one person's bank account can add up when it's thousands of people whose credit card numbers have been compromised.

Financial information can be gleaned from password guessing, but also from email phishing (see next page for an explanation of terms). While Sues said it might seem like a "no-brainer" to avoid clicking on suspicious links that land in

Hacking your world: Day 1 of 3

- Who's hacking who? Who's hacking you? Metro looks at the real-life world of virtual break-ins
- Tomorrow: When the government spies on you

your inbox, many people still fall for it.

What's more, if you publicly broadcast photos of your band practice or running club on social media, don't be surprised if you get an email with links to music events or deals on new jogging gear. That's a form of "social engineering," hacking called spear phishing — a custom-made and very specific phishing attack. One click of those links could let a hacker into any information saved on your hard drive, including passwords, contact lists, tax forms and other financial information.

"The compromise would take just a number of seconds — or even under a second," says Sues.

If you have a tablet or an iPhone and you sync it with your home computer, then photos, music and videos could also be stolen in the attack.

Sues says anti-virus software programs can help, but they are only about 20 per cent effective. And no security system will protect you 100 per cent.

"If an attacker really wants to get in and they have lots of time to do it, they'll get in."

Modern life's Catch-22

"We tend to live in a society where we're concerned about our privacy, but we so easily give it up by posting pictures in our status updates."

Computer security specialist Mike Sues



In this film image, Rooney Mara is shown portraying hacker/private investigator and fugitive Lisbeth Salander in a scene from *The Girl With The Dragon Tattoo*. Much like Mara's character, hackers in real life are often misunderstood because of their technical skills, which can be used for good or ill. But don't think it's all like you see in the movies. Capturing a more realistic portrayal of hacking would probably make for lousy entertainment. Sometimes it's ridiculously easy, other times, not. While sometimes a hacker can crack a password after a few seconds of typing, that's often not the case. CONTRIBUTED



Stay safe out there

Tips to prevent hackers from stealing your information

- Have a decent email spam filter and don't click on links or attachments from people you don't trust.
- Avoid using weak passwords, including the names of family members. Many websites will force you to pick a stronger password that includes a mix of upper and lower case letters and numbers, but not always.
- Change your Facebook settings so that only friends can view your photos.
- Regularly check your banking and credit card statements. Small items that you can't remember buying may mean your accounts have been hacked.
- Do not save any passwords and financial information on your hard drive.

Origin story

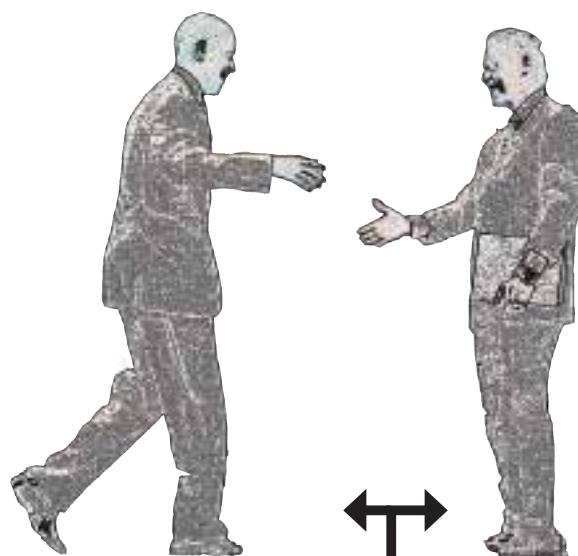
The term "hacker" is often used to describe someone who breaks into a computer system and steals information illegally or for malicious purposes.

- But that's not the true meaning of the term. "Hacker" originated at the Massachusetts Institute of Technology's (MIT) Tech Model Railroad Club in the 1960s.
- It was initially used to describe someone who strives to fully understand the inner workings of a system — be it computer or otherwise.

Phishing

"Hello, I represent the exiled Prince Ali of Utopia. I am authorized to release the sum of \$1M to anyone who can help him transfer his frozen assets ..."

- Phishing attacks usually involve emails or pop-ups that try to trick people into downloading viruses or giving up personal information. They may also direct people to URLs for websites infected with viruses.
- Spear Phishing is a more targeted form involving using personal info about the target to make the trick seem more trustworthy.



Man in the middle

Apple alerted users in February to a vulnerability in its software that allowed hackers to get in between Wi-Fi routers and users and monitor and intercept Wi-Fi signals.

- While Apple issued a patch for iPhones and iPads, there's no word yet on a fix for their computers.
- One safeguard users can employ is to use a Virtual Private Network (VPN) when using Wi-Fi



Don't make your password 'password'

Much like a home security system, a strong password can deter a hacker. But many people pick ones that are easy to break.

- Computer security researcher Mark Burnett says 9.8 per cent of people use either "password," "123456," or "12345678."
- 98 per cent of people use the top 10,000 passwords — the words hackers' computer programs will typically try first.



Social hacking

A hacker made off with \$100,000 worth of bitcoins in Ottawa recently just by telling a help desk he was the Bitcoin firm's CEO and he needed them to reboot a server.

- Social norms can be a powerful tool for hackers. Most people know they

should ask for ID, but they don't.

- Some might call it a con, but often social hacking has a tech component. For instance, a hacker might "return" a "lost and found" USB key with a virus, hoping it gets plugged in.

Government surveillance

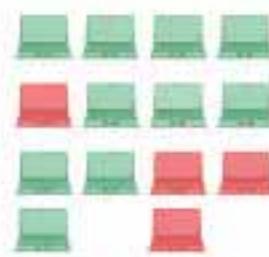
In January, the CBC reported CSEC had been monitoring airport Wi-Fi, spying on Canadians.

- Several countries have accused each other of sponsoring hackers and even creating viruses and botnets.
- The NSA disclosed that it collects about 250 million Internet communications each year. Google says that from 2009-2013, government requests for information about its users rose 120 per cent to total 27,477 requests.



Zero-day attacks

As computer security flaws are found and patched, some users will stay up-to-date and others will not.



- A zero-day attack hits newly discovered flaws. They don't work after the flaw is patched ... except on computers that haven't been updated.

On hacking: 'It can be really, really boring'

What makes a hacker hack? Science.

"The little kid who is 12 in a basement breaking into computers wasn't really me," says Leigh Honeywell, 29, a Canadian computer security professional, who works at a major cloud provider in San Francisco.

Some say the dominant hacking motive is greed and voyeurism, but Honeywell says

curiosity motivates her and other ethical hackers.

"When you are doing hacking right, you are doing science, and whatever your educational background is, there's that element of curiosity and playfulness," she says.

She fell into it while studying biophysics when she went with a friend to a hacker conference.

"It was the coolest thing

ever," she says.

The idea that hooked her was that all software is broken and people in the field are trying to make it "less broken." It's impossible to get perfect, but Honeywell says there's a responsibility to make it better because people rely on it.

It's fascinating work, there's good money and high demand, but it's hard to get into, she says.

It's not all serious. She runs a "capture the flag team," that meets up with others at conferences and competes at hacking challenges to break into tournament computers and expose flaws.

But it's not always fun either. "One of the things people don't realize about hacking is it can be really, really boring," she says. It can often involve writing code and waiting hours while the computer runs through the program.

More people should learn about hacking, she says.

"I've never heard a good argument for not teaching college kids about hacking," she adds. "These are the kids that are going to go on to build software. If they don't know what they are up against, that's how you get insecure software."

SEAN MCKIBBON/METRO IN OTTAWA



Ethical hacker Leigh Honeywell

VINCE TALOTTA/TORSTAR NEWS SERVICE

Pain or prison: Medical pot users say government is making them choose

'It's unconscionable.'

Protesters convene on Parliament Hill to protest being 'forced' to choose between 'basic health' and 'liberty'

The Conservative government is forcing users of medical marijuana to choose between treating their symptoms or holding on to their freedoms, a gathering of pot-smoking protesters complained Tuesday.

Several dozen demonstrators, some of them puffing on joints and vaporizers, gathered on Parliament Hill to protest the government's new medical-marijuana regulations on the very day they went into effect.

Among other things, the new rules require marijuana users to get their supply of the drug from commercial growers and prohibits them from growing their own, or growing it on behalf of other



Cannabis activists hold a rally on Parliament Hill in Ottawa on Tuesday to protest the government's new medical marijuana regulations. SEAN KILPATRICK/THE CANADIAN PRESS

licensed users.

The regulations also impose limits on the amount of cannabis that licensed users can have in their possession.

Lawyer John Conroy won a Federal Court injunction last month that allows users to

continue growing their own pot until a wider constitutional challenge of the regulations is heard — a ruling Health Canada says it plans to appeal.

But the courts have already determined that medically approved patients can

use marijuana to relieve pain symptoms, said Conroy.

And as the case winds its way through the courts, proponents of the medicinal value of cannabis products are speaking out against the regulations.

Quoted

"What Health Canada have done is forced patients to worry about our basic health maintenance versus our liberty."

Debbie Stultz Giffin, MS sufferer and medical-pot user

"What Health Canada have done is forced patients to worry about our basic health maintenance versus our liberty," said Debbie Stultz Giffin, a medical-marijuana user diagnosed with multiple sclerosis.

"It's unconscionable."

Alison Myrdon, who also lives with the debilitating effects of multiple sclerosis, said she relies on medical pot every single day. The new regulations would mean a substantial increase in the cost of the drug, and potentially create supply problems as well, she said.

Ottawa is trying to take away the "God-given right" to

grow cannabis to relieve pain symptoms, Myrdon said.

The number of people authorized to possess — and frequently grow — marijuana under the old federal program climbed to 37,000 this year from fewer than 100 in 2001.

Several patients permitted to cultivate their own pot, or serve as a designated grower for someone else, say the planned new system denies ill Canadians a safe, affordable supply of medical marijuana.

Some say they can grow at home for pennies a gram, while official suppliers licensed by Health Canada charge anywhere from a discounted price of \$3 a gram to as much as \$13.50.

"It would cost me \$60,000 (annually) to purchase cannabis through one of the licensed producers," said Stultz Giffin, a founder of a group of pot activists known as Maritime Unite for Medical Marijuana.

"And I live on under \$30,000 a year."

THE CANADIAN PRESS

'Spring' weather makes April fools out of St. John's residents

There was no spring weather for St. John's, N.L., which came to a stop Tuesday morning as an early-spring snowstorm dropped more than 30 centimetres of snow on the area overnight, with a possibility of another 20 centimetres before it moves out.

PAUL DALY/THE CANADIAN PRESS



Chile. Huge earthquake hits off coast

A powerful magnitude-8.2 earthquake struck off Chile's northern coast Tuesday night, causing landslides and setting off a small tsunami that forced an evacuation of coastal areas. In the city of Arica, the mayor reported some minor injuries and said some homes made of adobe were destroyed. The quake shook modern buildings in nearby Peru and in Bolivia's high altitude capital of La Paz.

At least eight strong aftershocks followed in the first few hours, including a 6.2 tremor. More aftershocks and even a larger quake could not be ruled out, said seismologist Mario Pardo at the University of Chile.

Coastal residents of northern Chile evacuated calmly as waves measuring almost 2 metres struck their cities ahead of a tsunami that was expected to come ashore later.

THE ASSOCIATED PRESS

Market Minute



DOLLAR
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Natural gas: \$4.27 (-\$0.10)
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GOLD
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Starbucks finds

Americans love sliced cake loaves

Starbucks is learning that people really like their sliced cake loaves in the U.S.

The Seattle-based coffee company says it will start bringing back its cake slices in response to cus-

tomer feedback.

The company had been getting rid of the slices that came in banana, iced lemon and pumpkin flavours as part of a staggered rollout of its pricier new baked goods. In their place, Starbucks offered what looked like miniature loaves that cost \$2.45 US, an increase of 20 cents.

THE ASSOCIATED PRESS

Call for boycott

OkCupid not OK with Mozilla's anti-gay marriage CEO

An online dating service is encouraging its users to stop using the Firefox web browser because the new CEO of the company that makes it supported California's former gay-marriage ban.

Mozilla, the non-profit maker of Firefox, infuriated many employees and users last week by choosing co-founder Brendan Eich to lead the Mountain View, Calif., company.

In 2008, Eich gave \$1,000 US to the campaign to pass California's Proposition 8.

THE ASSOCIATED PRESS

Cost to fix ignition just 57 cents: GM

Penny wise, pound foolish? It took General Motors a decade to recall faulty switch linked to 13 deaths

The piece needed to fix a defective ignition switch linked to 13 traffic deaths would have cost just 57 cents, according to documents submitted by General Motors to U.S. lawmakers investigating why the company took 10 years to recall cars with the flaw.

At a hearing Tuesday, members of a House subcommittee demanded answers from new GM CEO Mary Barra about why the automaker used the switch in small cars such as the Chevrolet Cobalt and Saturn Ion even though

it knew the part didn't meet GM's own specifications.

Rep. Diana DeGette, D-Colo., held up a switch for one of the cars and said a small spring inside it failed to provide enough force, causing car engines to turn off when they went over a bump.

DeGette showed how easy it was for a light set of keys to move the ignition out of the "run" position. That can cause the engine to stall and the driver to lose power steering and power brakes.

Since February, GM has recalled 2.6 million cars over the faulty switch, which has also been linked to 13 deaths and dozens of accidents.

A spokeswoman for GM Canada confirmed that one of the deaths associated with the faulty ignition switch was that of a Quebec motorist last June. THE ASSOCIATED PRESS



Maple syrup producers tap tech to keep the liquid gold flowing

Donnie Richards of Meadowbrook Maple Syrup poses next to sap lines and a wireless radio-unit box — containing sensors that monitor sap pressure — attached to a maple tree at his Milton, Vt., sugar bush. The wireless technology is part of Tap Track, a monitoring system designed to help mid-to-large-scale syrup producers keep an electronic eye on their sap vacuum lines. The radio unit transmits data to a computer or smartphone, where it shows up as a map with green dots indicating lines with good sap flow and red dots indicating leaks. HOLLY RAMER/THE ASSOCIATED PRESS

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FOR LIFE'S AWKWARD MOMENTS

April 1, 2014.

Mark this day as a landmark in the evolution of human relations: the publication date of The Awkward Human Survival Guide.

Finally, a way to deal with all the April fools in your life. It's brought to you by the people at Lifehacker, the website dedicated to the idea that there's a solution for everything.

Today, for example, Lifehacker features a piece on how to use a metal strainer to purée tomatoes when your blender's on the fritz ... and "How to Tell Someone You Don't Like Them," an excerpt from The Awkward Human Survival Guide.

The advice turns out to be quite straightforward: Be honest but kind.

If you don't like someone romantically, the book advises you to say: "I'm not interested in you romantically." The



JUST SAYIN'
Paul Sullivan

metronews.ca

more ambiguous "I don't think we should date" could foster false hope.

It tells the frightening story of a woman who eventually quit her job at the sock warehouse to get away from an amorous coworker who wasn't put off by her obvious lack of enthusiasm.

The honest but kind approach still hurts but "the pain will heal faster if you don't leave any room for interpretation and let them know they need to move on," say the authors.

There are a lot of potentially awkward humans out there, and the Guide provides us with a partial list: Republicans (Conservatives) Democrats (Liberals/NDP), hipsters, gun-rights crusaders, members of PETA, motorcyclists, reality TV stars, other drivers, other airline passengers, shy people, people who aren't shy, and, worst of all, writers. Columnists, for example.

One of my favourite techniques in The Awkward Human Survival Guide for dealing with all of the above is not to assume anything because, of course, "assume" makes an a-- out of you and me.

Don't assume the people in the next apartment having loud sex that keeps you up all night know you can hear them, and that if you can, it bothers you, and that if it bothers you, they care.

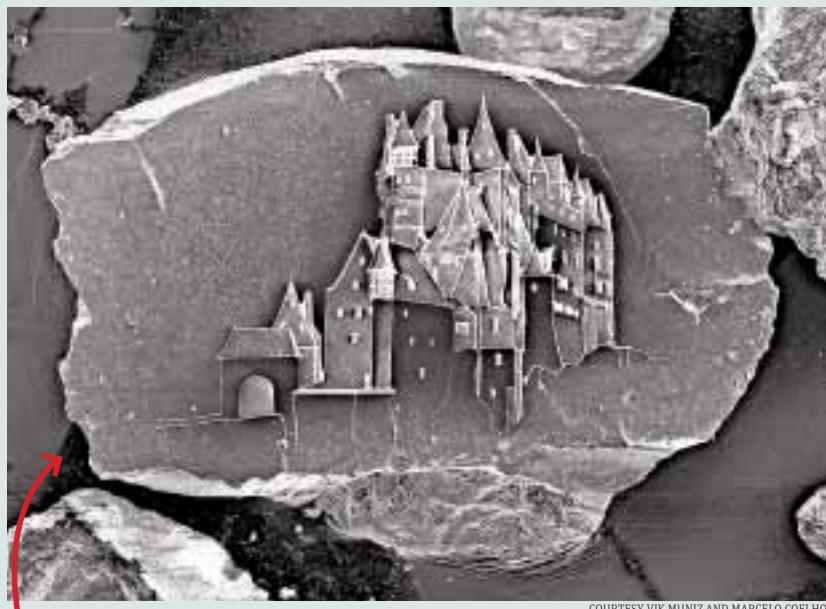
So, to cover all those potential challenges, the authors recommend a basic formula: "You may not be aware, but your behaviour (loud sex, picking your teeth, squeezing my arm) is making me uncomfortable (keeping me awake, creeping me out, causing me to panic). You're entitled to your own personal choices, but perhaps we can come up with a compromise that suits us both (quieter sex, floss in private, give me a little space here)."

This is such a potentially powerful tool that I'm going out right now to try it out on a few Conservative reality TV stars stopped at a nearby red light.

I'll let you know if I make it through the day.

ZOOM

Microscopic abode



COURTESY VIK MUNIZ AND MARCELO COELHO

Castles built on grains of sand

Artist Vik Muniz and designer Marcelo Coelho have teamed up to etch pictures of castles on individual grains of sand — a project four years in the making. The Brazilian duo paired up to use a painstaking technique of using an ion beam to draw images less than half a millimetre in length of European castles. METRO

Artist says:

"When someone tells you it's a grain of sand, there's a moment where your reality falls apart and you have to reconstruct it. You have to step back and ask what the image is and what it means."

Vik Muniz

Machine fires ions to etch drawing

Muniz drew the castles using a camera lucida, a 19th-century optical aid for sketching. Coelho then etched the drawings onto a grain using a focused ion beam that's capable of creating a line 50 nanometres wide. An electron microscope then fired electrons to scan the entire grain to make the final picture. METRO

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MetroTube

Cats react to cat videos by ... licking themselves



ANDREW FIFIELD
metronews.ca

So it's fairly safe to say that we all agree April Fools' Day is the worst, right? Enter the mighty Fine Brothers of Kids React To Viral Videos fame to use it as a chance to throw up a mirror that reveals our own ugliness. "You say you like cats? You say you love cat videos? Then here is your nirvana. You maniacs."



Superhero by Cappy accident

Character study.

Captain America nearly made his comic book debut as Super American — and it took decades before he returned to true patriotic form in film



IN FOCUS

Richard Crouse
scene@metronews.ca

Captain America, played by Chris Evans in this weekend's superhero flick Captain America: The Winter Soldier, was almost tagged with a different patriotic name by creator Joe Simon.

In 1940, when he first imagined the character, he dubbed his creation Super American. Then he had a change of heart.

"There were too many 'Supers' around," he said. "Captain America had a good sound to it. There weren't a lot of captains in comics."

The first issue of the new Captain America comic was an instant hit. Released on December 20, 1940, and featuring Cap giving Adolph Hitler a knuckle sandwich, it sold almost one million copies.

Numbers like that should have attracted Hollywood's attention, but Captain America's screen debut was inauspicious. In 1943, Republic Films decided to launch a superhero serial based either on the mysterious masked character The Copperhead or the caped do-gooder Mr. Scarlet. Scripts were prepared, but before cameras rolled, the decision was made to insert Cap-



Chris Evans and Scarlett Johansson in Captain America: The Winter Soldier. CONTRIBUTED

tain America into the story without radically altering the screenplays.

As a result, the character bares only a passing resemblance to the comics. In the serials he has a different secret identity and fights evildoer The Scarab instead of Nazis. His famous invincible shield is missing, as is his sidekick Bucky and there is no mention of the Super-Soldier Serum that transformed him from zero to hero.

Nonetheless, the 15-part serial — which featured exciting titles like Blade of Wrath and Vault of Vengeance — was very popular, but unfortunately did little to further the career of its star Dick Purcell. Legend has it that the strain of playing the active character was too much for him and he passed away just three weeks after filming was complete.

Despite the success of the serial, it would be half a century until Captain Amer-

ica was featured in another story shot for the big screen. In 1990's Captain America, Cappy is played by Matt Salinger, son of author J.D. Salinger, who beat out Dolph Lundgren and Arnold Schwarzenegger for the part.

The movie returned the character to his comic book roots, and was originally set for a 1990 release to coincide with 50th anniversary of the character but was shelved until 1992 — perhaps because

of what Entertainment Weekly called a "shapeless blob of a plot" — when it was released on home video.

Captain America is possibly the most patriotic of all superheroes, but the name also pops up in one of the most famous counterculture movies of the 1960s. In Easy Rider, Peter Fonda's character Wyatt is nicknamed Captain America after his Harley Davidson Captain America chopper.

2
SCENE

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Chris Martin ALL PHOTOS GETTY IMAGES

No love lost between Gwyneth and neighbours — but Chris is popular

If Chris Martin leaves L.A. for London in his split from Gwyneth Paltrow, he'll also be leaving behind the couple's \$10-million US Brentwood mansion — and the aggravated neighbours that go with it, according to Radar Online. "When they moved in, they had 'Do not trespass' signs put up at their school and all over their property. Then they had the big gates put in and four lay-

ers of trees," one neighbour says. "It's against the zoning laws to do it, as it ruins the sense of community if everyone had those gates." And it appears that Martin was the more popular one in that neighbourhood: "We used to see Chris walking the dogs. He was a really nice guy. He was the one with the talent. She was just the one writing cookbooks," the neighbour continues. **METRO WORLD NEWS**

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

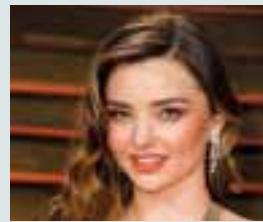
Men or women? Miranda doesn't Kerr

MELINDA TAUB

Metro World News

Newly broken up with Orlando Bloom, supermodel Miranda Kerr is ready to meet an eligible gentleman caller — or possibly lady caller. She's attracted to women as well as men, she tells British GQ (via Us).

"I appreciate both men and women," she says. "I love the female body and truly appreciate the female form. I really enjoy sketching women, especially their backs. I definitely need a man in the bedroom, however — a nice strong chest to lie on." So does that mean she wouldn't date a woman?



Not necessarily. "I want to explore," she says. "Never say never."

I'm pretty sure that if Miranda Kerr is asking, absolutely no one, male or female, is saying never. I know what you're thinking: What if sex with Miranda Kerr is simply awful, though? Not to worry — she welcomes constructive criticism. "I always ask for a critique on my performance. I always want to better myself in every way," she reveals.



Chris Evans

Rumours of Chris Evans' retirement have been greatly exaggerated

Captain America star Chris Evans would appreciate it if you'd cool it with those reports that he's retiring from acting. A recent interview Evans gave in Variety led to headlines that he'd be giving onscreen work a rest once his current run as the first Avenger was up. "If I'm acting at all, it's going to be under Marvel contract or I'm going to be directing," he

said in the initial interview. "I can't see myself pursuing acting strictly outside of what I'm contractually obligated to do." But Evans insists he didn't mean he's giving up acting. "(Suddenly I'm) retiring, hanging up the shoes, I guess," he jokes to Good Morning America during an appearance. "By no means am I planning on retiring." **METRO WORLD NEWS**

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Making the most out of a meandering Maui road trip

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ANDREW JOHN
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Widely trumpeted as the world's most glamourous vacation destination, the island of Maui offers quality beaches, a variety of jaw-dropping landscapes and a vast range of thrills for adventure travellers and culinary aficionados. A visit to Maui is a once-in-a-lifetime vacation full of details to recount at dinner parties and daydream about during abysmal grey office hours in the middle of winter. For those looking to throw their hair to the wind on an ultimate road trip, Maui offers coastal highways and dreamy zigzags through lush jungle back routes. While digging your feet into the beach at a luxe resort is likely to be a must-do on your itinerary, don't forget to check out the road less travelled.

Luxurious Wailea

Upscale Wailea offers golf courses, glamourous condominiums, haute couture shopping bonanzas and a string of five-star hotels. A short 30-minute drive south of the airport, Maui's most famous razzle-dazzle resort community is the perfect spot to start your adventure. Conquer that nasty jet lag from the comfort of a spacious suite at the Fairmont Kea Lani. Snack on locally grown macadamia nuts while watching the sun set over the Pacific from your private balcony.

Farm visits in upcountry

Visit Maui's favourite farmers in the heart of upcountry. Guests to Surfing Goat Dairy have an opportunity to meet and greet herds of excitable goats as well as learn about the cheese-making process, finishing with a sampling of the dairy's award-winning



Why not try a road trip across lush Maui? PHOTOS: ANDREW DOBSON/METRO



Maui boasts some of the most beautiful views in the world.

chevre- and-chocolate truffles. A stone's throw down the road, enjoy cocktails at Ocean Vodka, the island's favourite homegrown spirit. Fans of France will adore the Ali'i Kula Lavender Farm which offers guests an opportunity to purchase a variety of sweet-smelling

beauty products and epicurean treats. Be sure to soak in the sun on their café patio with a hot cup of lavender tea and enjoy a picture-perfect view.

Feast at Lele

In the heart of Lahaina, a few steps from the calm

lap of the ocean, throngs of tourists gather by the beach as the sun sets across the Pacific.

They're eager with anticipation for the Feast at Lele, an inspired cross between a lu'au and an al fresco fine dining restaurant that, for once, lavishes as much care on the

Hana's natural wonders

The routinely romanticized Road To Hana offers motorists a dreamy out-of-this-world highway adventure to one of the most tranquil locales in all of Hawaii. Be sure to explore Haleakala National Park for its towering 400-ft. Waimoku Falls and Wai'anapanapa State Park where fine black sand and moody caves offer swim fans a unique spot to soak in the sun. Before hopping back on the road, treat yourself at the Travaasa Spa, an award-winning resort that Oprah and her entourage are said to fancy.

food as its entertainment. Sexy male waiters dressed in floral sarongs serve tropical cocktails, as well as an epic feast showcasing the culinary traditions of the Polynesian Islands.

3
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The challenge:

Line up an informational interview with a VIP in your field, to be conducted by phone or in-person (the latter preferred).

Getting the inside scoop on what it takes to succeed in the field can help you decide if it's a good fit.

"The more knowledge you have, the better decisions you can make about your career," advises university career services professional Katharine Brooks, plus "you'll be better prepared for the real job interview."

The prerequisites:

You're into reciprocity, are genuinely interested in other people, have already memorized a soft-sell version of your elevator pitch and because eating with someone in a professional context can be tricky, you have above-average dining etiquette — including negotiating multiple forks.

Develop your skills portfolio

The challenge:

Add another line to your résumé by mastering a unique and in-demand job skill.

Expand your referral network

The ability to wear many hats and deliver results beyond your job title and description sets you apart and positions you on the promotion fast track.

"Your job title should never act as a limit to what you want to achieve," advises Dharmesh Shah, founder at HubSpot.

The prerequisites:

You are curious, self-motivated and disciplined when you need to be and you genuinely enjoy learning — including via free or paid online courses, post-grad certificate programs, YouTube videos, webinars or workshops.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

THIS ARTICLE IS EXCERPTED FROM SIDNEYEVE MATRIX'S PROFESSIONAL DEVELOPMENT COURSE IN PERSONAL BRANDING WITH SOCIAL MEDIA, OFFERED ONLINE AT QUEEN'S UNIVERSITY.

Cognitive concepts turned on their head

Research in remembering. Think you can cram and kill that test every time? Think again. But this time think really hard.

JANE
BORDEN
Metro World News

Do you figure that repetition and reading for long hours are the key to learning? Not according to a new book based on the research of two Washington University professors.

"Empirical research into how we learn and remember shows that much of what we take for gospel about how to learn turns out to be largely wasted effort," reads one of the opening passages of *Make It Stick: The Science of Successful Learning*.

The work is the result of 10 years of research into the application of cognitive psychology to education practices by Henry

Roediger and Mark McDaniel, both in the Department of Psychology at Washington University in St. Louis, MO.

They then enlisted the help of novelist (and Roediger's brother-in-law) Peter Brown to turn their findings into a book for a mass audience.

"When I heard what he, McDaniel and their colleagues were finding, it seemed like big news: Most of us are going about learning the wrong way! This was something everybody needed to hear," he said.

For example, rereading texts won't really help you learn, and neither will repeatedly practicing tasks. We asked Brown why.

What is it about overcoming difficulty that makes learning stronger?

The best way to make learning stick is to focus less on getting knowledge into the brain and more on getting it out. You learn best by trying to retrieve an answer from memory, and this holds true even before we have been taught what the answer is.

How does that work?

When the brain encounters new information, the representation of that information is pliable — the brain works at making sense of the new material by filling in gaps and connecting it to what you already know.

So the brain folds information into what is already stored?

And every time you have to work hard to retrieve learning, it becomes pliable again, and as the brain reconsolidates it, the most important aspects become more prominent and the paths to the knowledge are strengthened. But the key to this is effort. It's arduous retrieval practice that strengthens learning.

And when you mix up your practice, and the retrieval is more difficult because you're constantly switching between different topics, and it doesn't feel like you're mastering any of them, you are in fact building more complex neural connections and a more versatile ability to recall and apply the learning later.

Restaurant classic comes to your table

Beef Fajitas. Beef and vegetables are cooked together in this recipe for an easy supper



DINNER EXPRESS
Emily Richards
food@metronews.ca

Sometimes when I look in the pantry, all I see are flour tortillas. Then I wonder what I should whip up with them.

Well, most often classic recipes come to mind and they're enjoyed by everyone. These Beef Fajitas are one of those traditional recipes.

Because the veggies and meat are cooked together, you can serve the dish right from the skillet for that sizzle effect. These fajitas have some real spice to them!

FLASH FOOD



From your fridge to your table in 30 minutes or less

However, don't be afraid to use tortillas in other ways like as a pizza base with simple toppings to enjoy with a salad or to use up leftovers from another night's meal.

You can also bake some up and use them to dip into your favourite dips.

Healthy options are easy to enjoy when you have ingredients on hand, and even with something as simple as flour tortillas, you can create easy meals for dinner or lunch.

1. In large non-stick skillet, heat oil over medium-high heat. Cook steak, Worcestershire sauce and cayenne for 5 minutes or until browned. Remove to plate.

Ingredients

- 1 tsp (5 ml) canola oil
- 1 striploin grilling steak (about 8 oz/250 g), thinly sliced
- 2 tsp (10 ml) Worcestershire sauce
- Pinch cayenne
- 1 small red onion, sliced
- 2 cloves garlic, minced
- 1 each red and green bell peppers, sliced
- 2 tsp (10 ml) chili powder
- 1/2 tsp (2 ml) each ground cumin and dried thyme leaves
- 1/4 tsp (1 ml) pepper
- 1/4 cup (60 ml) pasta sauce
- 4 small whole wheat tortillas
- 1/4 cup (60 ml) light sour cream (optional)

2. Return skillet to medium heat and cook onion, garlic, green and red peppers, chili powder, cumin, thyme and pepper for 8 minutes or until tender crisp. Add pasta sauce and cook for

This recipe makes two or three servings. EMILY RICHARDS

5 minutes. Return beef to pan and cook until heated through.

3. Place the meat-vegetable mixture in centre of a tortilla and dollop with some

of the sour cream, if using. Roll up and then repeat with the remaining ingredients.



Who wants beef?

Add a flavourful twist to burrito night by blending half the beef with finely chopped mushrooms.

1. Place the fresh Crimini mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped. Add the ground beef; pulse until well combined.

2. Heat the oil in a large, nonstick skillet over medium-high heat. Add the mushrooms, Tex-Mex seasoning and mushroom seasoning. Cook for 10 minutes until mushroom mixture is browned.

3. Spread the refried beans over each tortilla. Spoon in rice, and top with the mushroom mixture, lettuce, salsa and optional guacamole and



This recipe makes six to eight servings. EMILY RICHARDS

sour cream. Sprinkle with cheese, and roll up burritos.

4. Coat a hot non-stick skillet with cooking spray.

Place the burritos, seam side down, and toast on both sides for 3 to 4 minutes until heated through.

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4 SPORTS

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SPORTS

Cristiano Ronaldo has scored his fair share of pretty goals on the pitch with Real Madrid and Portugal. He also looks good off the field with girlfriend Irina Shayk on his arm. Scan the image below with your Metro News app to vote on the hottest couples in sports.

metronews.ca
Wednesday, April 2, 2014



Maple Leafs finally earn a W, but time is running out

Calgary Flames goaltender Karri Ramo makes a save on Toronto Maple Leafs right winger Phil Kessel in the second period on Tuesday night in Toronto. The Leafs still won 3-2 to end an eight-game losing streak and keep their slim playoff hopes alive.

FRANK GUNN/THE CANADIAN PRESS



GETTY IMAGES

Wednesday's Metro AR poll

50% Metro News readers voted Rick DiPietro's 15-year, \$67.5-million contract with the New York Islanders the worst from our list of bad contracts. Here's how the rest of the underperformers fared:

19% Dion Phaneuf (7 years, \$49M, 2013)

13% Gilbert Arenas (6 years, \$111M, 2008)

6% Miguel Cabrera (10 years, \$292M, 2014)

6% Ricky Romero (5 years, \$30.1M, 2010)

6% Michael Vick (10 years, \$137M, 2004)



Rick DiPietro GETTY IMAGES

CFLPA's Flory looking for 'fair agreement'

Collective bargaining.

Player association head says issues aren't strictly financial

Scott Flory isn't looking to break the bank.

The new president of the CFL Players' Association said Tuesday all the union wants is a fair deal with the league. The two sides are scheduled to resume talks next week on a new collective bargaining agreement.

The present deal is set to expire May 30.

"All we want is a fair agreement," Flory said in a telephone interview. "We understand the league ... players just want a fair share."

These are indeed heady times for the CFL.

The league has a new contract extension with athletic apparel giant Reebok. One of its teams (Winnipeg) moved into a new stadium last season and another (Hamilton) is scheduled to do so this year, the same time expansion Ottawa returns and plays at a refurbished facility.

Attendance continues to rise and corporate sponsorships remain strong. And then there's the CFL's lucrative television agreement with TSN reportedly worth \$43 million annually that's scheduled to kick in this year.

CFL commissioner Mark Cohon has repeatedly stated he never discusses CBA negotiations in public. But on Monday he said in a statement the league is committed to "working towards a fair and reasonable agreement with our players. We want to be fair

CFL strike history

1

There's been one strike since the formation of the CFLPA in 1965. It came in '74 and lasted three weeks during training camp before a three-year agreement was signed with no regular-season games lost.

to them and keep our league on the path to being strong as well as stable."

Money will undoubtedly be a hot-button topic when talks resume. The new TV deal alone is more than 2 1/2 times the previous agreement, which was worth \$15 million annually. Subsequently, CFL teams can expect more money from the league's head office.

Negotiations between the league and its players have traditionally been amicable. However, there's a persistent

belief this time around players will dig in their heels in order to get what they believe is a fair piece of the financial pie.

Flory reiterated Tuesday that CFL players won't play under terms of the existing CBA. While Flory didn't say so specifically, that suggests training camps won't open in June without a new deal in place.

"There's a lot more things than the financial," Flory said. "There's player safety, transitioning and pension items that we want to look at as well."

"This is an all-encompassing negotiation but there is a lot of growth going on in the league."

And, Flory said, much of that growth is due to the quality of the on-field product.

THE CANADIAN PRESS

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Fear the beard

Toronto Blue Jays' Adam Lind smiles as he heads to the dugout after hitting a three-run homer off Tampa Bay Rays' Alex Cobb during the first inning of an MLB baseball game Tuesday, in St. Petersburg, Fla.

STEVE NESIUS/THE ASSOCIATED PRESS

Skate to Olympic gold done on one foot

The secret's out.

Wickenheiser reveals she played in the Sochi Olympics with a broken foot

It's a secret Hayley Wickenheiser could no longer hide.

The Canadian women's hockey star helped Canada win gold at the Sochi Olympics despite playing with a broken foot.

The 35-year-old native of Shaunavon, Sask., was sporting a walking boot on her left foot at the Hockey Hall of Fame on Tuesday, where she was a guest speaker at the second annual Gatorade High Performance Hockey Summit.

"I've had a broken foot for about a year now so I'm trying to fix it," Wickenheiser said. "I'm wearing this boot so I



Hilary Knight of the United States and Hayley Wickenheiser of Canada dive for the puck during the women's gold-medal game at the Sochi 2014 Winter Olympics at Bolshoy Ice Dome in February. BRUCE BENNETT/GETTY IMAGES

can avoid having that surgery, hopefully."

"I knew it was broken at the time (of the Olympics), we just found out it was a little more serious break than we thought. It was just

managing the pain."

Wickenheiser did a masterful job of hiding the injury. There was never a hint or mention of it prior to the Sochi Games or even after Canada's dramatic come-from-behind

3-2 overtime victory over the U.S. in the gold-medal game.

But in an Olympic year, Wickenheiser didn't have the luxury of time to rest her foot, so she worked around it. With the national team's season over, she's had her foot in the boot for the last two weeks, with six more to go.

"After the Olympics ... it's kind of perfect timing to rest the foot and just be able to get healthy again," she said. "I spent a lot of time on the bike versus running and did some work around trying to stabilize the foot."

This isn't the first time Wickenheiser has endured pain. She played in the 2006 Olympics with a broken wrist but was still the tournament's top scorer and MVP.

In 2008, Sports Illustrated included Wickenheiser on its list of the 25 toughest athletes. THE CANADIAN PRESS



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DRIVE 5

18

DRIVE

See that symbol? It means you can scan this image with your Metro News app to see a video of a Hyundai designer talking about the exterior of the 2015 sedan.

metronews.ca
Wednesday, April 2, 2014

2015 Hyundai Genesis

- Type.** Four-door, all-wheel drive full-size sedan
- Engines (hp).** 3.8-litre DOHC V6 (311); 5.0-litre DOHC V8 (420)
- Transmissions.** Eight-speed automatic
- Base price (incl. destination).** \$44,800

All-wheel drive

The powertrains are positioned inside a more rigid platform necessitated by the addition of all-wheel drive — the first for any Hyundai passenger car. The system, comes standard on both V6 and V8 models and distributes the torque 40:60 front-to-rear in normal driving conditions, but can send up to 90 per cent to the front, or 100 per cent to the back wheels if slippage is detected.



Fuel option

Hyundai states that both engines can use either premium or regular fuel without problem, although if the latter is used, some unspecified power reductions will occur.

Safety systems

Safety systems for the Genesis include automatic emergency braking, blind spot and cross-traffic alerts, lane-departure warning and parking assists. There's also a carbon dioxide sensor control system that pumps in fresh air automatically whenever carbon dioxide levels increase, helping to prevent drowsy driving.

Hyundai's new beginning



PHOTOS: WHEELBASEMEDIA.COM

Compare



1 Chrysler 300 AWD
Base price: \$40,800
Solid, powerful, full-size sedan with optional AWD and 470-horsepower V8



2 Lexus ES
Base price: \$40,250
Popular FWD V6 luxury sedan is also available as a gas-electric hybrid



3 Cadillac CTS AWD
Base price: \$55,300
New-for-2014 model can be had with AWD and in 420-hp turbo-V-Sport trim

Review. Competitors?
As a second effort, the 2015 Hyundai Genesis marches to its own beat

MALCOLM GUNN
wheelbasemedia.com

In the beginning, Hyundai was focused on building small, inexpensive cars for the masses. Now the Korea-based automaker's offerings span nearly every niche, from entry-level basic to imposing luxo-cruisers.

Since the 2009 model year, the Genesis sedan has taken up residence at the premium end of the market (directly below the Equus) and the new-

for-2015 edition arriving this spring maintains that spot.

The previous Genesis appeared as a compilation of several full-size luxury marques, including the Lexus LS, BMW 5- and 7-series and Mercedes-Benz E- and S-Class sedans. This time, however, Hyundai appears confident enough in its own in-house styling prowess that the Genesis is taking its own path, although some resemblance to the Audi A7 is evident.

Most unique is the trapezoidal grille that, when combined with fancy LED (Light Emitting Diode) headlight pods and running lights, give the Genesis a character all its own. The sweeping roofline ends at a truncated decklid flanked by an equally impressive set of LED



The simple interior shows restraint when it comes to shapes and buttons, the latter of which are mostly contained within the touch screen. Note the winged Genesis badge on the steering wheel.

taillights.

Although Hyundai retained the Genesis's overall length to within a few centimetres of the previous

design, it did extend the distance between the front and rear wheels by 7.5 centimetres, resulting in increased space for all passengers.

Those riders will experience a cabin that's much simpler than before. Hyundai has shown admirable restraint in keeping the knob, button and switch count to a minimum (many controls are now accessed through the touch-screen display), even though the steering wheel has picked up some of the slack.

Carrying over for 2015 with minor modification are the Genesis's two powerplants. The starting-point 3.8-litre V6 is rated at 311 horsepower and 293 pound-feet of torque (previously 333/291). The optional 5.0-litre V8 rustles up 420 horsepower and 383 pound-feet of torque, down nine horses but up from 376 pound-feet.

Horoscopes

Aries

March 21 - April 20

You have a talent for surprising people and with the Sun linked to Uranus, planet of the unexpected, in your sign today you will go out of your way to shock. Just be careful you don't upset those on whom your security depends.

Taurus

April 21 - May 21

What others tell you may seem reasonable but if something does not ring true, be cautious. Most likely you're wrong to be suspicious but today's cosmic set-up warns it's a bad idea to take chances.

Gemini

May 22 - June 21

Just because you do not get along with someone on a personal level does not mean you cannot work with them. Put your feelings to one side and make an all-out effort to get a joint project finished.

Cancer

June 22 - July 23

If you need to make a decision concerning your career, wait until the end of the week. The planets warn if you make it today, you could end up moving in the wrong direction.

Leo

July 24 - Aug. 23

Someone will make a big deal of something that to you is of no significance. There's no point trying to reason because reason is an alien concept to them right now.

Virgo

Aug. 24 - Sept. 23

Try not to be so free with your cash today. Spending may not be a problem for you now but it will be later when there is something you want to buy and you cannot afford it.

Libra

Sept. 24 - Oct. 23

You may be tempted to ignore information that does not fit in with your worldview but that would be a mistake. Swallow your pride and act on what you are told. It may be embarrassing now but will save you trouble later on.

Scorpio

Oct. 24 - Nov. 22

You may be having second thoughts about something you recently agreed to but it's too late to change things. Even if you were able to do so it would cost you too much in terms of time, money and damaged reputation.

Sagittarius

Nov. 23 - Dec. 21

If you think you are being cheated, speak up. It may be that you have got the wrong end of the stick and there is nothing amiss, but until you know that for sure you cannot afford to take chances.

Capricorn

Dec. 22 - Jan. 20

If you let even one doubt enter your mind, it will grow alarmingly quickly and before you know it you will think the world is coming to an end.

Aquarius

Jan. 21 - Feb. 19

Consider all options before deciding what you're going to do next. Better still, do nothing. Loved ones may be annoyed you are dragging your feet but what can they do about it?

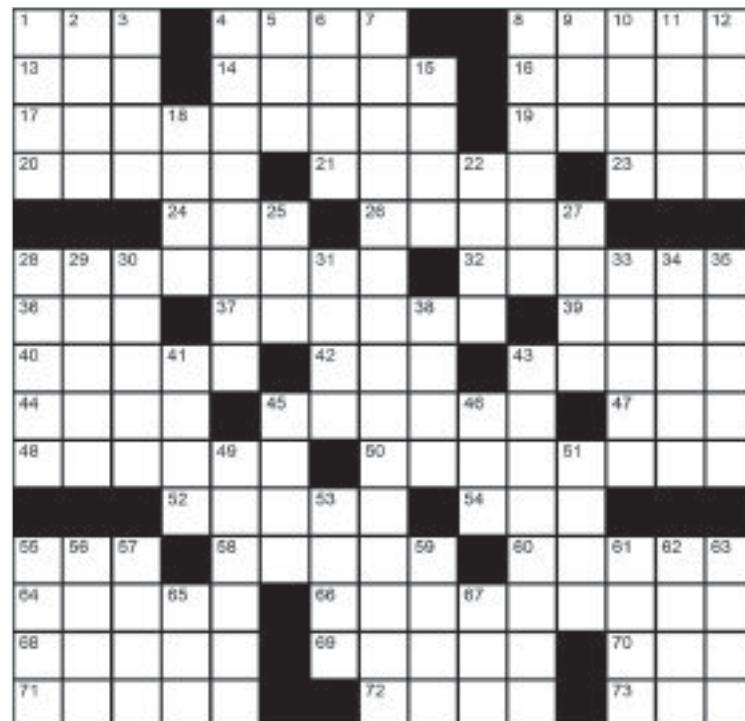
Pisces

Feb. 20 - March 20

If you made a promise, keep it. If you try to wriggle out of it now you will damage your reputation, to the extent that certain people won't trust you so easily again. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across



ings

60. Stage, as of a cycling event, in France
50. BC village; or, 'Lanes' to shop at in downtown Toronto
52. 1950s fashion, now
54. Mr. Gershwin
55. Camel hair garment
58. Broadway offer-

& Young

70. Early hrs.
71. Early ___ (Morning person)
72. Video game maker
73. Charlotte ___ Down
1. Campus mil. program in The States

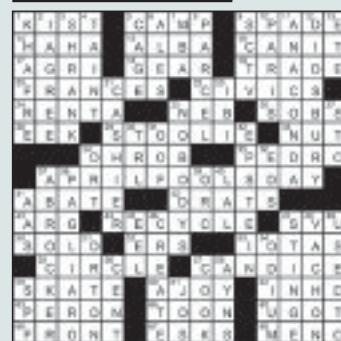
"In the Valley of ___"

(2007)
3. Posh car
4. Iris which is Quebec's provincial flower: 2 wds.
5. Home, briefly
6. "May ___ a question?"
7. Typical weather

forecast in April: 3 wds.

8. ___ Shield (Biggest ecozone in Canada)
9. Big Joe Mufferaw's prop
10. Ms. Dunham
11. Tinted
12. Longbow woods
15. Incision mark

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	4	7	3	6	8	5	1	9
5	9	8	2	3	1	7	3	4
3	5	1	7	8	4	9	6	2
9	1	2	5	7	8	6	4	3
8	6	5	4	9	3	1	2	7
7	3	4	6	1	2	8	9	5
1	7	3	9	2	5	4	8	6
5	2	9	8	4	6	3	7	1
4	8	6	1	3	7	2	5	9

1	6		4		1
4	2	7		6	
4	9		2	3	
		1	5		
2	1		8	7	
9			4	8	7
3				4	5
5		7			

When you're recycling paper and boxes, fold and flatten them to save space.



See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

- 18. Roman love poet
- 22. Suit piece
- 25. Comedian Mr. Caesar
- 27. Tartan garb
- 28. Easts opposites
- 29. People of the Arctic
- 30. Longest river of France
- 31. Available
- 33. Pitcher's accomplishment, ___ game
- 34. ___-Roman (Wrestling)
- 35. Sea nymph
- 38. "___ blessing!"
- 41. Virtually
- 43. Gilbert & Sullivan output
- 45. Legendary story
- 46. Submachine gun type
- 49. Canadian folk musician, Don ___ (b.1909 - d.1973)
- 51. Sixth/seventh notes, variably
- 53. Boxer's pre-bout garb
- 55. Slightly open
- 56. Island of Indonesia
- 57. Old Testament: Book of ___
- 59. Reasoned
- 61. From way out
- 62. Athletic footwear brand
- 63. Besides that
- 65. Hydrocarbon suffix
- 67. 18th President ...his monogram

**“I’m just not
into you
anymore.”**



Recycling happens in more places than your kitchen.
Don't forget about your bathroom and laundry room too.

